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Lifestyle Pg11

Men blast player image in poll

Celebrity Pg14

Miley sort of sorry for mocking stars

Accused: I woke up covered in blood

Ryan Huppie tells court he has no memory of brutal assault, rape

VICTORIA HANDYSIDES
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A 23-year-old man accused of brutally raping and stabbing his next-door neighbour recounted gruesome details about regaining consciousness in an alley with his hands covered in blood, when his trial reconvened in Court of Queen's Bench yesterday.

"I looked down and I had blood all over my hands and myself," said Ryan James Huppie from the witness stand. "I thought I stabbed someone up."

On the night of Feb. 17, 2004, Huppie was having a party in his rented downtown condo, where he consumed large amounts of alcohol, ecstasy, and ketamine, a tranquilizer.

Though Huppie claims he doesn't recall any of the two-hour attack, in which he allegedly brutally raped and stabbed his next-door neighbour over a dozen times with a meat cleaver, a friend claims he made a $10,000 bet that he could rape and kill her.

Huppie appeared in all black, clean-shaven with his dark hair slicked back, and claimed he often confused his dreams with the reality of the night his neighbour, a tall, blonde school teacher, desperately called 9-1-1 on the brink of death, only to be allegedly cut off by Huppie, who told the operator his niece had placed a prank call, while his victim screamed for help in the background.

> **"I looked down and I had blood all over my hands and myself. I thought I stabbed someone up."**
> Ryan James Huppie

He said that the next day, he told a friend he "stabbed some punk bitch up," believing he had attacked a man, but couldn't recall any details.

The trial was adjourned in January, pending multiple psychiatric evaluations.

Huppie's lawyer, Laurie Wood, claims he is not criminally responsible for his actions.

At one point, Huppie admitted he lied to a psychiatrist while in care at Alberta Hospital, claiming his victim was addicted to drugs, and that he'd given her crack cocaine in exchange for sex the night she ran from him down a hallway, covered in blood.

A number of doctors that have evaluated Huppie's mental condition are set to take the stand in the coming weeks.

BEN LEMPHERS/METRO EDMONTON

Workers dismantle the grandstand seating and scaffolding from this weekend's Rexall Edmonton Indy at the City Centre Airport grounds north of downtown yesterday afternoon. Indy organizers and Northlands are keeping attendance figures for the race and the Capital EX fair a secret this year. For video of Capital EX, visit metronews.ca.

Northlands hides fair attendance

EX Interested to find out about how many people flocked to Capital EX or the Rexall Indy over the weekend? Fuggedaboutit.

"We have adjusted our approach," says Brian Leadbetter of Northlands.

Organizers of the Indy race series don't release attendance figures and Rexall Indy ticket owners got free admission to Capital EX, so all the numbers will be kept under wraps, he told Metro yesterday.

"We don't want to jeopardize our relationship with a significant partner of ours," said Leadbetter adding this practice will continue from now on.

Leadbetter would only say this summer's Capital EX and Indy were "comparable to past years."

METRO EDMONTON

Woman wakes to find intruder at foot of bed

ARREST A woman asleep in her bed in a south side home awoke to a terrifying discovery on Saturday morning, when she found an intruder standing over the foot of her bed.

Without hesitation, she demanded the intruder leave immediately.

Though he resisted, he eventually fled, and the woman called police.

Officers arrested 21-year-old Sandy Blouty a few blocks from the Mill Woods home. He is charged with one count of breaking and entering.

METRO EDMONTON

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Feds to probe shooting of 2 Afghan kids

Beijing page 8

Heat, pollution hampers Games

Entertainment page 12

Krueger actor in new horror flick

Health page 10

Write off those extra pounds

Your Money page 6

Get paid what you're worth

Mark Aug. 11 on calendar for meteor light show

If you look up to the skies on Aug. 11, you'll be greeted by a dazzling light show. The Perseids Meteor Shower will reach its peak around 2 a.m., when the rate of meteors could be as high as 60 per hour. METRO EDMONTON

Local

Eh, matey, calling all junior buccaneers

Arrrgh you ready for a pirate adventure with some four-legged friends? The Valley Zoo is hosting a Pirate Adventure Party on Aug. 10 from noon to 4 p.m., where junior buccaneers will go on a wild scavenger hunt and learn about all things pirate. Admission is $4.50 for children, $6.75 youth and seniorS, $9.00 for adults and $27 for families. METRO EDMONTON

Death now a homicide

SHOOTING A 33-year-old man who died after he was dropped off at a hospital this weekend was killed by a gunshot, a medical examiner said yesterday — making it the 15th homicide case for Edmonton police this year.

Police say Christopher Byron Lord was dropped off at the hospital with "suspicious injuries" and investigators believed he was shot somewhere in the area of 96 Avenue and 176 Street sometime between 5 a.m. and 6 a.m. Sunday

Lord is well known to police homicide detectives. They believe he was a victim of a gang and drug related attack, said police spokesman Jeff Wuite

Police say several people of interest have been identified in the case, but no charges have been laid.

JEFF CUMMINGS/METRO EDMONTON

News in brief

OUT-OF-CONTROL Police in the city's north side had quite a handful as an out-of-control man terrorized motorists Sunday afternoon. Police were called to the intersection of 66 Street and 128 Avenue after numerous reports of a berserk man running through traffic, damaging vehicles. Darren Zacharuk, 45, has been charged with causing a disturbance, mischief and resisting arrest. METRO EDMONTON

metronews.ca

What's online today.

Watch video of Capital EX and of protests against Air Canada's recent cuts

Read a new column on intelligent investing by Allan Small, FMA

Check MetroTube of the Day for a look at the wacker side of ComiCon

Play online Sudoku!

World Junior AAA **Clean steal**

BEN LEMPERS/FOR METRO EDMONTON

Chinese Taipei player Yen-Ju Chen slides in to steal second base during action from their game against Czech Republic yesterday at Telus Field. The IBAF 2008 World Junior AAA Baseball Championships run until August 3.

Road, weather conditions main factors in fatal bus crash: RCMP

VICTORIA HANDYSIDES
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RCMP in Grande Prairie have decided that no formal charges will be laid in connection with a bus crash in November that killed three people: A senior and a new mother who was found clutching her dead infant son to her chest in the wreckage.

Christa-Marie Olsen-Ramsey, 20, and her four-month-old son Taylor died when a Greyhound bus carrying 29 passengers flipped on its roof while travelling down an icy highway near Grande Prairie in the early morning hours of November 6.

Olga Dimmer, 72, was also killed in the crash.

Const. Scott Hagarty of Grande Prairie RCMP said road and weather conditions were the main factors that caused the crash, and no charges would be laid.

PHOTO SUPPLIED

Christa-Marie Olsen-Ramsey and four-month-old son Taylor.

Friends of the young woman say that though Olsen-Ramsey was rebellious before the birth of her son, she did all she could to change her ways when she became pregnant, and that her death was an absolute shock.

"She was trying to protect the baby the whole time," said long-time friend Crystal Chan. "She wouldn't have let him go if she wanted to."

Chan said that she doesn't place blame on anyone for her friend's death, and that road conditions alone were cause enough for the accident without placing blame on driver error.

"Maybe he was going too fast. I've heard the bus driver was a new driver," she said. "He probably didn't mean for it to happen, and if he could, would take it back, I'm sure."

Chan said that though Olsen-Ramsey's family has remained largely silent since the accident, she's sure they don't place any blame for her death.

"Even at the funeral, her mom said maybe it's just the way it's supposed to be. She's a bus driver herself, and knows you don't have control over these things. She doesn't need to blame someone for this kind of thing."

Hobbema shooting not a setback: Gang expert

JEFF CUMMINGS
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The shooting death of a 16-year-old in a central Alberta reserve Sunday shouldn't be considered a setback for community leaders fighting a gang violence epidemic, says a national street gang expert.

The male victim died in the Samson Townsite of Hobbema moments before a gunfight broke out between two residents in the same community, say Mounties.

One of the men suffered from a single gunshot wound with non-life threatening injuries, say police in what they consider is all related gang violence.

> **"Over a period of months, the situation will begin to improve, but it will take years to get on top of this."**
> Michael Chettleburgh

Michael Chettleburgh, a crime prevention consultant and the author of a recent book called Young Thugs: Inside the Dangerous World of Canadian Street Gangs, says the weekend shooting could be expected despite the efforts of community leaders to change the community, including calling for a gun amnesty a few days ago.

"You're still going to get gang crimes, you are still going to get gang shootings — it's not going to disappear even with all the things that are happening in Hobbema," said Chettleburgh.

"Over a period of months, the situation will begin to improve, but it will take years to get on top of this."

Along with a weapons amnesty that will begin on Friday in the reserve, Mounties are continuing to enforce a 10 p.m. curfew in a community where half the population is under the age of 18.

Hobbema RCMP have also cleaned up close to 30 homes that were used as gang hideouts since 23-month-old Asia Saddleback was wounded in her home after a gang-related drive-by shooting three months ago.

"This problem was 15 to 20 years in the making in Hobbema and it isn't going to be solved in that three-month period," said Chettleburgh.

Police have not released the 16-year-old's name until next of kin are notified, but investigators are talking to two men. Both are still in custody, say Mounties.

No charges have been laid in the case that is being handled by Hobbema RCMP with the help from the Calgary Major Crimes Unit.

Funeral for slain soldier in Winnipeg

The private funeral for Canadian Forces Cpl. James Arnal, killed July 18 while serving in Afghanistan, took place yesterday afternoon in Winnipeg and has attended by hundreds. Arnal was killed by a roadside bomb while on foot patrol in Kandahar. SOURCE: CBC NEWS ONLINE

Canada

"Right now I'm not even sure what it was"

Helen Pahpasay speaking about seeing what she describes as a dark creature that walked upright and stood nearly eight feet tall.

Sighting

Two Ontario women say they saw what might have been the legendary sasquatch in northwestern Ontario last week. The pair took a plaster cast of giant footprint for analysis.

Shooting of 2 Afghan kids sparks probe

Canada will investigate why its troops opened fire on a car in southern Afghanistan, killing two small children, Defence Minister Peter MacKay said yesterday.

He noted, however, that earlier probes into similar civilian deaths had always absolved the soldiers involved.

Military officials say a two-year-old boy and his four-year-old sister died when the troops blasted a car approaching their convoy in Kandahar province Sunday.

They said the driver had ignored several warnings to stop.

MacKay said Canadian soldiers were working in "tough, trying and intense circumstances" and often had to deal with attacks from Taliban militants hiding among civilians.

"When these tragic circumstances arise, we always take the important time to investigate what took place. There are rules of engagement followed by Canadian, followed by NATO soldiers," he told reporters in Ottawa.

"In each circumstance where this type of very unfortunate tragedy occurs, Canadians have been found to have followed those rules of engagement," he said.

Canada has 2,500 soldiers based in Kandahar.

REUTERS

more troops going to Afghanistan

Speaking earlier in the day, MacKay said Canada would send an extra 200 troops to Afghanistan to maintain and operate unmanned aerial surveillance vehicles and helicopters

Green groups press Ontario to call for caps

EMISSIONS Ontario should use its new membership in the Western Climate Initiative to push for stringent caps on greenhouse gas emissions, environmental groups say.

The members of the cross-border initiative — four provinces and seven states — meet today in San Diego to discuss the proposed greenhouse gas cap-and-trade system.

Cherise Burda

"It is not as strong as we hoped it would be," Pembina Institute's Cherise Burda said of the draft plan released last week.

The caps are too high and the timeline too long, say WWF-Canada, the David Suzuki Foundation and Pembina said of the proposed cap and trade system.

TORSTAR NEWS SERVICE

Air Canada **Flight attendants protest job cuts**

RAFE ARNOTT/METRO CANADA

Flight attendant Daisy L., who would not give her full last name, hoists the CUPE flag during a march along Miller Road near YVR yesterday. More than 200 flight attendants and their supporters rallied in Vancouver to protest looming job cuts announced by Air Canada. Similar protests took place at airports across Canada yesterday. For video of the protests, visit metronews.ca

Mexican kids learning faster than Canadians: Study

EDUCATION Mexican children in poorer areas of Monterrey are further ahead in kindergarten than the average Canadian kid, says new research led by renowned expert Dr. Fraser Mustard.

Federal authorities in 1990 implemented a system of programs called CENDI (the Spanish acronym for Centres for Early Childhood Development) in Monterrey — an industrial city roughly the size of Toronto — that provided community supports to low-income households from the time of pregnancy through to the child's arrival in preschool.

The programs are similar to what Mustard has long been advocating for this country.

TORSTAR NEWS SERVICE

Sloppiness prompted isotope shortage: Report

CLOSURE Widespread sloppiness at both Canada's nuclear regulator and government-owned Atomic Energy Canada Ltd prompted the damaging closure of a reactor which made medical radioisotopes, a report said Monday.

AECL's 50-year-old Chalk River reactor — which produces more than two-thirds of the global supply — was shut down for three weeks late last year, quickly triggering shortages.

AECL's chairman quit in December, and in January, Ottawa fired the head of the Canadian Nuclear Safety Commission.

A damning report by three independent consultants said officials from AECL and the commission often ignored standard procedures that would have identified the problem earlier.

The reactor at the Atomic Energy of Canada in Chalk River.

"This culture of informality was considered a significant and fundamental flaw in both organizations' methods of operation and contributed to a series of misunderstandings," said the 119-page report.

REUTERS

News in brief

TORIES A new report has revealed that the Tories spending on advertising has doubled since 2006 and that $17.6 million of it went into a recruiting ad campaign for the department of defence.

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Libyan police make large drug bust

Libyan police have seized 50 kg of heroin, the second largest seizure of such drugs in Africa, Libya's Interior Ministry said yesterday. The heroin was discovered in the southern desert town of Wahat, known for its oasis palm groves. REUTERS

World/Business

No full peace deal this year: Olmert

ISRAEL Prime Minister Ehud Olmert told Israeli parliament yesterday a full Israeli-Palestinian peace accord that includes Jerusalem was not within reach this year, but said differences over borders and refugees were bridgeable.

U.S. President George W. Bush had urged both sides to sign a "peace treaty" before he leaves office in January, without offering details about what that deal should entail.

But Olmert, in remarks released by parliament after a closed-door hearing, said Jerusalem was too contentious an issue to be resolved this year.

Bush signs off on military execution

U.S. President George W. Bush yesterday approved the death sentence of an Army private convicted of murder and rape in 1988, becoming the first U.S. president to approve a military execution in 51 years.

Bush signed a request by the military that Ronald Gray be put to death following his court-martial conviction 20 years ago on multiple charges of murder and rape.

Indian bombings spark criticism

INTELLIGENCE Indian Prime Minister Manmohan Singh yesterday visited victims of bombings that killed 45 in a communally sensitive city, as calls grew for his government to beef up its intelligence apparatus.

The 16 bombings in western Ahmedabad on Saturday came a day after blasts in the IT hub of Bangalore in which one woman died, sparking criticism that authorities were lax in probing militant groups. REUTERS

REUTERS/OSMAN ORSAL

Relatives of a victim of the bomb blasts cry during the funeral ceremony in Istanbul yesterday. The death toll in two bomb blasts in Istanbul rose to 17 yesterday in an attack that sharply increased tension as Turkey's top court began deliberating on whether to ban the governing party.

Ruling Turkish party may be shut down

Court looks at AK Party after bomb attacks

Turkey's highest court began considering yesterday whether to shut down the governing AK Party for Islamist activities against a background of tension following two bomb attacks in Istanbul over the weekend.

The blasts killed 17 people and wounded more than 150 on Sunday, hours before the Constitutional Court was set to look at the case. Five of the dead were children, Istanbul Governor Muammer Guler said.

"We have been fighting terror for 30 to 35 years. This fight will continue until we win it," Prime Minister Tayyip Erdogan told residents at the site of the blasts in a working-class neighbourhood on the European side of Istanbul.

"Today is a day for unity," Erdogan said.

In the emotionally charged aftermath of the bombings, the Constitutional Court began examining whether the AK Party had engaged in Islamist activities and should be closed. The party denies the charges and a ruling is expected in early August. REUTERS

Power struggle

- The court case is linked to a long-running power struggle between Turkey's secularist establishment and the Islamist-rooted AK Party, which are at odds over the direction of the officially secular, but predominantly Muslim country.

Karadzic to be smuggled out of Serbia

WAR CRIMES The transfer of Radovan Karadzic to the war crimes tribunal in the Hague will be carried out covertly to avoid media attention and planned protests by nationalist supporters of the former Bosnian Serb leader.

Karadzic, who faces charges of genocide during the 1992-1995 Bosnian war, was arrested last week in Serbia after 11 years on the run. He is now being held in a Belgrade prison awaiting extradition.

Security service sources say there are dozens of options for moving him unobtrusively, involving disguised vehicles, secret exits, dawn transfers and decoy motorcades to fool the television crews staking out the prison, court and airport. REUTERS

Arrest protested

- Hundreds of people gathered to pray for Radovan Karadzic across the Serb half of Bosnia on Saturday, holding vigils inside churches or marching in protest of his arrest for war crimes.

News in brief

HUMAN RIGHTS The UN General Assembly yesterday unanimously confirmed South African judge Navanethem Pillay as the world body's new human rights chief, and activists urged her to be tough in her post. Pillay will succeed outspoken Canadian Louise Arbour.

SPACE Richard Branson yesterday unveiled the WhiteKnightTwo, the plane intended to be the launch aircraft for a Virgin Galactic spaceship full of paying passengers. Virgin Galactic hopes to send its first paying customers into space for $200,000 each within two years.

PAKISTAN A suspected U.S. missile strike on a Pakistani madrasa near the Afghan border killed six people yesterday, possibly including Abu Khabab al-Masri, an al Qaeda chemical and biological weapons expert, Pakistani security officials said.

EXTRADITION A Thai court postponed a hearing yesterday to extradite suspected Russian arms dealer Viktor Bout, known as the "Merchant of Death" to the United States because his lawyer was absent, a prosecutor said. REUTERS

Business

BCE slashes 2,500 jobs in bid to save $300M

COSTS BCE Inc said yesterday it will slash 2,500 management jobs at its main Bell Canada phone unit to clamp down on costs as it gets ready to go private in the world's biggest leveraged buyout later this year.

The cuts amount to about 15 per cent of Bell Canada management. They include a 30 per cent reduction in executive jobs announced earlier this month.

The cuts, combined with other reductions the company made earlier this year, are expected to generate annualized savings of about $300 million.

"It was just a top-heavy structure and I think this kind of puts it more in line with what it should be in order to work more efficiently," said Troy Crandall, an analyst at MacDougall, MacDougall & MacTier. REUTERS

Going private

- Montreal-based BCE is being taken private in a $34.8 billion buyout led by the Ontario Teachers Pension Plan and a group of U.S. private-equity firms.

Canada seen as more tax-friendly

BUSINESS Canada's tax system is more business-friendly than the tax regimes in many other countries, including the United States, despite a long-held reputation to the contrary, says a KPMG report.

Canada has the third-lowest business tax costs among 10 countries, trailing Mexico and Netherlands, but beating out the United States and Britain. REUTERS

In brief

GM PLANT The Canadian Auto Workers has reached a deal with General Motors that will keep the Oshawa truck plant open for the life of the union's contract, incentive packages and two new vehicles for the adjacent car plant.

WTO TALKS A clash between the United States and China and India over cutting farm and industrial tariffs threatened to derail more than a week of work to salvage a world trade deal yesterday. REUTERS

Ex-Googlers unveil Cuil

SEARCH Cuil Inc., a start-up by former Google engineers, is offering a new search service at cuil.com that aims to outdo the Internet search leader.

The would-be Google rival says its service goes beyond prevailing search techniques that focus on web links and audience traffic patterns and instead analyzes the context of each page and the concepts behind each user search request. REUTERS

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What you're worth

Banking on education

MoneyMatters

Henry Choo Chong
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Q My wife and I decided to invest the cost of university tuition on behalf of my son for his future. Our financial planner estimates that within 20 years, we could accumulate more than $300,000 that my son would inherit. Do you agree with this course of action?

-JOHN AND AMY

A Any child would be ecstatic to receive that amount of cash from their parents. The gift or inheritance will not be taxed in your son's hands, however you may be subject to tax at your marginal rate. Capital assets, such as stocks, real estate, mutual funds, etc., are deemed sold at fair market value when the title changes hands or when you pass away.

Investing for the future does not necessarily mean savings. Consider the cost of education as an investment and not money lost. Some parents prefer the value of education today and have their child reap the benefits in the future.

Aside from the monetary aspect, think about the intellectual value your child may either gain or be deprived. Money matters, but so do people.

Henry Choo Chong, CGA, provides accounting and taxation solutions. E-mail Money Matters: *choochonghcga@yahoo.ca*.

SmartCookies

www.smartcookies.com

If you are reading this article at work, you might want to shield it from the boss. This week, it's all about getting paid what you're worth.

Now, we realize that it can be tough sometimes to approach your employer to ask for a raise. But, if you know what to say, how to say it and when to say it, then you have a far better chance of walking out of the office pumping your fist (discreetly, of course), as opposed to hanging your head and playing out dramatic scenarios of how you would quit.

First off, make a list of the reasons why you deserve a raise. These reasons have to be based on facts and not based on emotions.

Letting your boss know how you have increased the company's bottom line is far more effective than explaining that you really want to buy a house so you will need to make more money. Think about ways you have gone above and beyond your responsibilities. Have you received any positive feedback from others that you can reiterate to your boss, how have you demonstrated commitment to the company and why would they not want to lose you?

Then, take a minute to figure out what exactly you want the outcome to be. You should be open to negotiating but you should also have a clear idea as to what it is you are looking for.

Are you looking for a percentage wage increase or a specific amount? Or maybe you would be happy with a week or two extra vacation in lieu of a raise or a flat out fee? Whatever it is, be clear and realistic.

First off, make a list of the reasons why you deserve a raise.

We suggest approaching colleagues who you feel comfortable with and asking them what they are making (it worked for one of us). You could also do a little research online to see what other companies similar to yours are offering potential employees with a similar responsibility list.

Then schedule a time to sit down with your employer. When you are finally face-to-face, take out that trusty piece of paper and present the facts. Keep a cool head and be confident, after all — you deserve it!

Be open to negotiating and if you don't get exactly what you were looking for, ask what you can do to ensure that you will get there in the very near future. Then send us an e-mail to *smartcookies@metronews.ca* to let us know how you did!

Tune in Wednesday at 9 p.m. EST/PST on the W Network and be sure to visit *smartcookies.com* for more tips.

On the web

Columnist:

- Allan Small, FMA, explores what you can do to take advantage of oil prices in his column Investment Perspective, available online at *metronews.ca*.

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Gymnastics

China's gymnastics team chief has denied that the country had falsified the ages of two of its squad members to allow them to compete at next month's Beijing Games. REUTERS

Beijing Games

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Injured Hamm to miss Games

GYMNASTICS Olympic all-around champion Paul Hamm, winner of one of the most controversial golds in 2004, withdrew from the Beijing Games yesterday due to injury.

Hamm

Hamm was recovering from a broken bone in his right hand sustained in competition on May 22.

Italian champion fails doping test

CYCLING World road race champion Marta Bastianelli has failed a dope test, the Italian cycling federation said yesterday.

Bastianelli was due to take part at the Beijing Olympics but a spokesman for the Italian Olympic Committee said her participation was now unlikely. The Games start on Aug. 8.

Bastianelli tested positive on July 5 at the European under-23 championship in Italy. REUTERS

Sports in brief

SOCCER Barcelona striker Samuel Eto'o will not join the Cameroon soccer squad for the Beijing Olympics, official daily Cameroon Tribune reported. Coach Ndtougou Mpile had hoped to name the three-time African Player of the Year Eto'o, but he is not available.

SOCCER Barcelona will appeal to the Court of Arbitration for Sport if FIFA tells them to release Argentine forward Lionel Messi for the Olympic Games, club president Joan Laporta said yesterday.

ATHLETICS Sprinter Katerina Thanou was named yesterday to the Greek team for the Beijing Olympics. Thanou still faces a disciplinary review by the International Olympic Committee to examine her eligibility for the Games. REUTERS

Tomorrow's lineup

IS IT WORTH IT? Only nine of 267 Canadian athletes at the 2004 Games won medals. Was it worth the effort for those who didn't? Read tomorrow's Metro for more.

9 days remain until the official start of the 2008 Summer Olympic Games in Beijing.

GUANG NIU/GETTY IMAGES

A cyclist rides through Beijing's Forbidden City shrouded with smog. Beijing's poor air quality could be a major challenge for Olympic athletes at next month's Games.

Beijing full of challenges

Pollution, tainted food among issues facing athletes at Summer Games

SHERISSE PHAM
for Metro Canada

An elite international sporting event inevitably comes with host city baggage. Beijing is no exception — the Chinese capital has been criticized for everything from human rights practices to unsafe food.

For coaches and athletes traveling to the city for the upcoming Summer Olympics, dealing with issues that could negatively impact an athlete's Olympic experience remains an ongoing challenge.

"There are three big issues here — the heat, the pollution and the food," said Derek Evely, an athletics coach who co-trains Olympic athletes like defending 400-metre indoor champion Tyler Christopher and relay athletes Emmanuel Parris and Pierre Browne.

There is not much the city can do for thermometer readings — Beijing's average maximum temperature for August is about 30°C — but measures are in place to address their reputation for perennially grey skies. The city ordered neighbouring smog-producing plants to cease operation or drastically reduce emissions and took roughly half of all private vehicles off the roads this past Sunday, regulating numbers via odd- and even-numbered license plates.

But Megan Metcalfe, a track and field athlete and member of Canada's 2008 Olympic Team, viewed the pollution as a secondary problem. "Our team doctor has told us that there is nothing to panic (about), the pollution is only an irritant and should not have an effect on performance," she said. "I am more concerned about competing in the heat and humidity."

Most Canadian athletes competing in outdoor events will acclimatize to Beijing during a 2 to 3 week training camp in Singapore. To help combat the heat whilst in the host city, Evely and his colleagues are dishing out advice that sounds similar to suggestions a recuperating invalid might receive: Stay off your feet and stay indoors.

The food issue is trickier. Questionable local food made headlines last month when Chinese Olympian Ouyang Kunpeng told domestic media he accidently ingested the banned substance clenbuterol, a bodybuilding aid, after eating tainted meat at a barbecue. He was banned from competition for life.

Susie Langley, a dietician and Ontario representative of the Canadian Sport Centre, believes Canadian athletes will stay away from local meat entirely. "No athlete wants to train this hard to get to Beijing and then jeopardize testing positive from eating local food that might be tainted with steroids."

Langley works with swimmer Martyn Forde and sailing team members Gordon Cooke and Oskar Johanssen, all part of Canada's Olympic team. She advises athletes to avoid street vendors and anything that cannot be peeled or vegetables that may have been washed with contaminated water.

Despite the overwhelming concerns and even official travel warnings against China (Foreign Affairs and International Trade Canada advises Canadians to avoid non-essential travel to the country), expatriates in Beijing have their own opinions about the city's offerings.

Incoming athletes should "be prepared to be awed," said Toronto-born Richard Liu.

Liu heads the Canadians in China network and was recently appointed team attaché for the Canadian Paralympic Committee. While he admits the pollution is a pain and warns against accidentally buying fake bottled water from street hawkers, he prefers to steer visitors towards positive aspects.

"Don't miss out on the newly renovated Forbidden City, the Summer Palace and of course the Great Wall," he says, his enthusiasm rivaling that of a seasoned tour guide's. "(And) the food is so amazing today. There is even obesity among the local Chinese population!"

Dylan Budd, a lawyer who has lived in Greater China intermittently since 1999 was more outspoken on the smog.

"I definitely think pollution's the worst part about being here," he said. But like Liu, he is partial to the city's cuisine and hopes visiting athletes will "try some real Chinese food."

Budd sports a tall frame and sandy brown hair. For those traveling to Beijing who will stick out in a similar manner, he advocates tolerance.

"People yelling "hello" at you, asking to take their picture with you, staring, or commenting on the sharpness of your nose — they don't mean any harm by it," he said good naturedly.

Evely, the coach, believes local curiosity will not bother all the athletes.

"A 340-pound white guy walking around — he sticks out," he said, referring to a shot put athlete who will be traveling to Beijing in a few weeks. "He's a bit of a freak show in Canada too."

Smoggy city

- Haze-shrouded Beijing may take more cars off the roads and shut more factories if air quality remains a problem during the Olympic Games, state media said yesterday.
- The pollution has proved hard to shift days before athletes and visitors arrive, despite the implementation of two month even-odd car ban and temporary factory closures. REUTERS

MLB
Ex-Edmonton Cracker-Cats starting pitcher Scott Richmond, will be on the mound tomorrow for the Toronto Blue Jays, as he was called up from the Syracuse Chiefs yesterday. Richmond has an ERA of 2.53 in 32 innings pitched, this season. METRO NEWS SERVICES

Sports

Posada done for season

New York Yankees catcher Jorge Posada, left, will undergo season-ending surgery on his right shoulder. Yankees general manager Brian Cashman said he met yesterday with Posada, who was in "100 per cent agreement" to the surgery. A five-time all-star, Posada is expected to need about six months to recover from surgery. Metro News Services

SPORTS EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Godfrey may be ready to bolt Jays

Team president may not seek contract extension after season ends

YorkReport

Marty York
marty.york@metronews.ca

Paul Godfrey's contract as president of the Blue Jays expires after this season and he isn't sure whether he'd like to remain in charge of the frustrated franchise.

"It'll probably be up to me," Godfrey told me in an interview yesterday, "but I haven't made up my mind if I want to keep doing this. I'm undecided."

It's been a turbulent season for Canada's MLB club, never having truly challenged in the AL East. Future Hall of Famer Frank Thomas and manager John Gibbons were both unloaded in controversial moves and general manager J.P. Ricciardi and his front-office crew almost certainly will be dumped sooner or later.

If Godfrey isn't back, sources suggest Jays owner Ted Rogers and his aides will pursue either Paul Beeston or John Tory as his replacement. Beeston, a former president of the Jays, is retired. Tory, a former commissioner of the CFL, is the leader of Ontario's Progressive Conservative party.

• Godfrey, incidentally, told me he has been inundated by letters from Canadian fans urging him to ask MLB to move his team to another division so that it can stand a fighting chance against less affluent opponents than the New York Yankees and Boston Red Sox.

"Won't happen," Godfrey said. "It would mean (MLB) would have to get another team to agree to move into our division – and who's going to want that?"

• The Yanks, naturally, keep spending and, after recently acquiring Richie Sexson and Xavier Nady, soon will obtain Jarrod Washburn and perhaps — brace yourself — Barry Bonds … From trouble-child Manny Ramirez, who wants out of Boston: "I can play in Iraq if need be." … Pittsburgh management agreed to trade B.C. native Jason Bay to the Atlanta Braves on the weekend for four prospects but Pirates ownership vetoed the deal in the last instant … Another B.C. guy, Rich Harden, is a mind-boggling 0-1 since being dealt to the Chicago Cubs, even though he has 30 strikeouts and a puny 1.04 earned-run average in three starts and 17 1/3 innings.

• Don't look now, but all four Western teams in the CFL are above .500 while all four Eastern squads are below .500 … The Saskatchewan Roughriders are a perfect 5-0 but six-point underdogs for their Saturday game against the 3-2 Stampeders in Calgary … The Hamilton Tiger-Cats, who are about to supplant Casey Printers (the CFL's highest-paid player at about $450,000 a year) with backup quarterback Richie Williams, are 10-point underdogs to the Alouettes for their Thursday game in Montreal … And from TSN's Glen Suitor, after the Riders' Gene Makowsky was penalized Sunday for a chop block: "That's frowned upon. It's one of those unwritten rules." Um, well, no, Glen, it's actually written — rule seven, section two, article seven. Thus, the penalty.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

Burnett nets 10 Ks in Jays win

BLUE JAYS 3 RAYS 1

MLB A.J. Burnett struck out 10 over seven strong innings last night, outdueling James Shields in a 3-1 win for the Toronto Blue Jays over the Tampa Bay Rays last night in the opener of a three-game set.

Burnett

Burnett allowed only one run on six hits with four walks for Toronto, which has won six of seven. The right-hander matched his career-high for wins in a season.

Fredericton's Matt Stairs' two-run homer in the fifth inning was the big blow for Toronto, which made the most of its five hits.

METRO NEWS SERVICES

Top players set to battle for No. 1 ranking in Montreal

TENNIS The Rogers Cup in Montreal could end on Sunday with a shake-up at the top of the women's world rankings with just 88 points separating No. 1 Ana Ivanovic from her Serbian compatriot Jelena Jankovic.

Russian Maria Sharapova, the former world No. 1, also sits only 202 points back and is ready to pounce if both Serbs falter.

Play was slow to get underway yesterday with rain causing five suspensions but action is sure to heat up later in the week when the top eight seeds enter the fray after first-round byes.

Jankovic, working her way back to full fitness from a knee injury, had an opportunity to nudge Ivanovic out of top spot last week by taking the title in Los Angeles but she lost in the semifinals to Dinara Safina. She will get a second chance this week on the Canadian hard courts and is confident her time at top will come.

"I am motivated," Jankovic told reporters yesterday. "Hopefully, my time will come.

"If it's meant to happen, it will happen. If you deserve it, you will get it.

"If you work hard, that hard work will pay off sooner or later. I want to become No. 1 and I want to win a grand slam. Those are my goals." REUTERS

Selected first round results

- Tamarine Tanasugarn (Thailand) beat Olivia Sanchez (France) 6-3, 6-1
- No. 9 Patty Schnyder (Switzerland) beat Yuan Meng (China) 7-6 (6), 3-2 (retired)
- Anastasia Rodionova (Russia) beat Cara Black (Zimbabwe) 6-2, 6-2
- Michelle Larcher de Brito (Portugal) beat Vania King (U.S.) 2-6, 6-3, 6-3
- Tamira Paszek (Austria) beat No. 14 Francesca Schiavone (Italy) 7-6(4), 1-6, 6-1
- No. 10 Marion Bartoli (France) beat Melanie South (Britain) 6-3, 6-7(5) 6-0

ELSA/GETTY IMAGES

Despite some wet weather at the Rogers Cup in Montreal yesterday No. 9 seed Patty Schnyder of Switzerland advanced to the second round when China's Meng Yuan retired with an injury.

Sports in brief

NFL Buffalo Bills running back Marshawn Lynch will not be disciplined by the NFL for pleading guilty in a hit-and-run case that injured a Canadian woman. League commissioner Roger Goodell said that because Lynch's case was reduced to a traffic violation, he was not in violation of the NFL's personal conduct policy.

NBA The Toronto Raptors signed free agent guard Will Solomon yesterday. The 30-year-old Solomon has played the past two seasons in Istanbul. Last season he posted averages of 17.8 points, 4.4 assists and 3.2 rebounds in 13 games.

METRO NEWS SERVICES

SCOREBOARD

MLB

YESTERDAY'S RESULTS

AMERICAN LEAGUE
Toronto 3 Tampa Bay 1
Baltimore 13 N.Y. Yankees 4
Cleveland 5 Detroit 0
L.A. Angels 7 Boston 5
Minnesota 7 Chicago White Sox 0
Seattle 7 Texas 5
Kansas City at Oakland

NATIONAL LEAGUE
Florida 7 N.Y. Mets 3
Houston 5 Cincinnati 4
Pittsburgh 8 Colorado 4
St. Louis 12 Atlanta 3
Chicago Cubs 6 Milwaukee 4
Arizona at San Diego
San Francisco at L.A. Dodgers

TONIGHT'S GAMES

AMERICAN LEAGUE
L.A. Angels at Boston, 5:05
Baltimore at N.Y. Yankees, 5:05
Detroit at Cleveland, 5:05
Tampa Bay at Toronto, 5:07
Seattle at Texas, 6:05
Chicago W. Sox at Minnesota, 6:10
Kansas City at Oakland, 8:05

NATIONAL LEAGUE
Colorado at Pittsburgh, 5:05
N.Y. Mets at Florida, 5:10
St. Louis at Atlanta, 5:10
Philadelphia at Washington, 5:10
Chicago Cubs at Milwaukee, 6:05
Cincinnati at Houston, 6:05
Arizona at San Diego, 8:05
San Francisco at L.A. Dodgers, 8:10

AL BATTING LEADERS

Name, team	AB	R	H	AVG
Kinsler Tex	435	88	143	.329
Rodriguez NYY	313	61	102	.326
Ordonez Det	340	47	110	.324
Mauer Min	328	64	105	.320
Pedroia Bos	433	72	138	.319

NL BATTING LEADERS

Name, team	AB	R	H	AVG
Jones Atl	317	58	117	.369
Pujols StL	329	59	116	.353
Holliday Col	349	63	120	.344
Berkman Hou	366	83	126	.344
Nady Pgh	327	50	108	.330

CFL

EAST DIVISION

	W	L	T	PTS
Montreal	2	3	0	4
Toronto	2	3	0	4
Winnipeg	1	4	0	2
Hamilton	1	4	0	2

WEST DIVISION

	W	L	T	GB
Saskatchewan	5	0	0	10
Calgary	3	2	0	6
EDMONTON	3	2	0	6
B.C.	3	2	0	6

WEEK 6

THURSDAY'S GAMES
Hamilton at Montreal, 5
B.C. at EDMONTON, 8

FRIDAY'S GAME
Winnipeg at Toronto, 5

SATURDAY'S GAME
Saskatchewan at Calgary, 6

BASEBALL

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EDMONTON at Long Beach, 8:05

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Health

Green tea beauty

Green tea is best known as a healthy drink, but did you know it also has positive benefits when applied directly to skin? Green tea has been observed to clear blemishes and other skin problems such as rashes. The leaves in green tea also act as an excellent exfoliant for the skin. Concentrated green tea extract can be applied directly to soothe, soften and cool. ALIVE MAGAZINE

HEALTH EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Write to shed pounds

Keeping diary can help weight loss: Study

It won't burn many calories on its own, but if you're looking to lose weight, the most important exercise you can do is to pick up a pen and write.

Dieters can increase their weight loss twofold by simply keeping a daily diary of what they eat, a large new U.S. study says.

"The more food records you keep, the more weight you lose," says psychologist Victor Stevens, senior investigator with the Kaiser Permanente Centre for Health Research in Portland, Ore. and a study co-author. "And the good news is that's a technique that anyone can use."

The study will be published in the August edition of the American Journal of Preventive Medicine. The 20-week study was part of a three-year research program that involved some 1,700 overweight people who were placed on fruit- and vegetable-rich diets.

It showed that people who kept no daily food records lost an average of four kilograms, while those who kept six or more per week lost an average of eight kilograms.

Stevens says a diary makes it plain to dieters where it would be easiest to cut out calories. "You would think people would know ... where the extra calories are coming from, but they don't," Stevens says.

The diaries were simple tabulations of what you ate, the quantity, and the calories each item contained, Stevens says. "And you look at that list and say 'Well, wow, I can reduce the calories in my lunch, that would be easy.'

"Then they develop plans to deal with that. And that's a critical part of the process. You need a specific plan of action, rather than some vague notion that you'll just eat less."

And keeping track of food intake as the day goes on also allows dieters to see how well they are keeping to their plans, Stevens says.

Stevens also says dieters who attempt weight loss within a social network are also much more successful at dropping excess pounds.

The study found that each social session study dieters attended — where they would discuss their successes and failures — was worth 0.3 kilograms in extra weight loss.

Stevens says discussing plans and showing your diaries, and the failures they may contain, to others can actually guilt people into significantly greater weight loss.

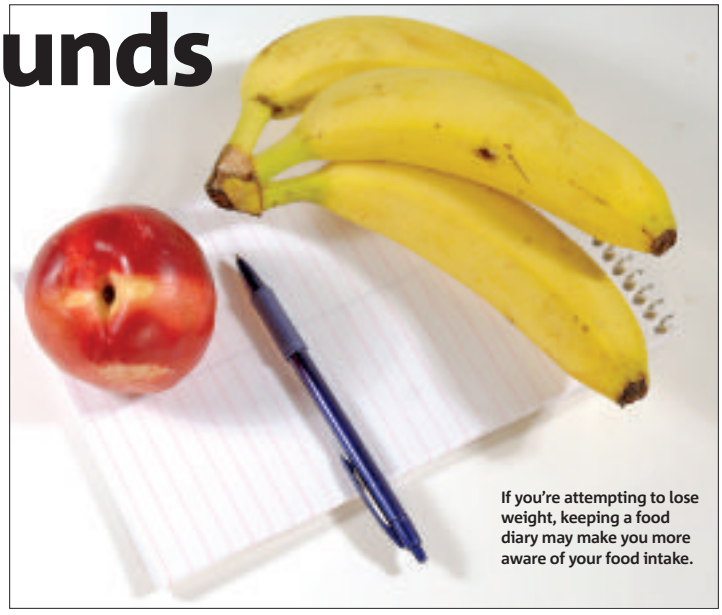
It makes sense that keeping a record of what you consume could change your eating habits, says Diane Finegood, scientific director of The Institute of Nutrition, Metabolism and Diabetes at the Canadian Institutes of Health Research.

"A lot of what we do about eating is mindless," says Finegood. "If you keep a monitor on behaviour, then it's a lot easier to change that behaviour in quantifiable ways." TORSTAR NEWS SERVICE

Diet vs. Exercise

- Study co-author Victor Stevens says exercise pales in importance to diary keeping, especially in the early stages of weight loss. He says the study's goal was to reduce calories by 500 a day, far easier to achieve through dieting than exercise.

TORSTAR NEWS SERVICE



If you're attempting to lose weight, keeping a food diary may make you more aware of your food intake.

You are what you drink

CELIA MILNE
for Metro Canada

We all know it's important to drink enough water, especially if we're exercising. Dehydration can cause muscle cramps and heat exhaustion.

But did you know you can drink too much water? Hundreds of people have become sick (and several have died) from hyponatremia — an illness caused by drinking excessive amounts of water. Use common sense, say doctors at Harvard University in Boston. If you are really not sure, check your urine output: If you aren't peeing much and it's darkish, you are not drinking enough. If you have a lot of pee and it is running clear, you are fine.

And while we're on the subject of drinks: Here's a tip from Toronto Public Health. When you are buying fruit juice, read the label. Choose products with the word "juice" on them, to make sure you are getting B vitamins, potassium and other nutrients from the fruit.

Beverages that say "drink," "punch," "-ade," "cocktail" or "delight" on the label may have very little juice in them and a lot of sugar.

Did you know that drinking too much water can be dangerous? It can result in an illness called hyponatremia.

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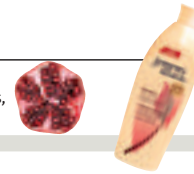

My simple planning guide to celebrating one year older

HineSight

Anne Hines

Shine the tiara, break out the sugary grocery store cake iced in colours not found in nature, fire up those candles — it's my birthday!

Forget the, "I don't want anyone making a fuss" nonsense. Birthdays are an excuse to be Diva for a Day. And, with a little thought, any mere birthday can be turned into a week-long celebration. You-fest! You-arama! Here's a simple planning guide:

Five days before birthday: The announcement.

Begin to casually drop reminders to family and coworkers. I.e.: "I was thinking of scheduling a meeting next month and then I realized that this Friday is my birthday." It doesn't have to make sense. It just has to convey the message. Kind of like men's aftershave ads.

Four days before: Start getting in the mood.

Begin by reviewing your accomplishments. This year, mine are a) I'm still standing, and b) Neither of my daughters is currently in a van headed to Mexico with a guy named "Snake." It helps not to set the bar too high.

Next, make a list of goals for the year ahead. Anything I don't achieve goes onto next years list. This accounts for such items as "Marry David Cassidy," and "Buy Enron stock."

Three days to go: Prep for being a year older.

Repeat, "I gracefully accept the changes in my body." Then laugh yourself silly and go buy expensive face cream.

Two days to go: Check party plans.

There is a reason to share this important event with friends and family. They give you stuff. Remember the saying, "It's better to give than to receive." Your birthday is a way of letting your friends have the fun part.

> **"Birthdays are an excuse to be a Diva for a Day."**
> Columnist Anne Hines

You may wish to provide tips about gift giving, particularly if you have men in your life. Such as, "Good things come in small packages" does not mean you can give me drill bits."

The big day!

Let loose! Ask yourself, "What's life without adventure?" OK, safe, peaceful. But today's your chance to do something crazy and out of character. I don't mean calling your mother or paying your bills on time.

And, if anyone suggests you act your age, just say, "Not today. It's my birthday."

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

Men sick of stereotype

Young, single men are fed up with being typecast as immature, insensitive and sex-obsessed, with a survey finding that the majority believe in having a soul mate, aren't scared of commitment, and say real men can cry.

Seventy-seven per cent of men look for girlfriends with "wife potential," an AskMen.com survey suggests.

A poll of 70,000 men with an average age of 28 debunked many of the standard stereotypes to show that the modern man is driven by a sense of values, loyalty and family.

The survey, by men's lifestyle website AskMen.com, found that 77 per cent of respondents look for girlfriends with "wife potential" while 75 per cent believe they have a soul mate and 69 per cent would never cheat on their partner.

"These survey results will be surprising to many women, most of whom have a completely different perspective of what the average man thinks and feels," James Bassil, editor-in-chief of AskMen.com, told Reuters.

"The idea that young guys only want to be single and jump from girlfriend to girlfriend is not true at all."

The online survey, conducted over a five-week period, found that six out of 10 men were fed up with inaccurate commercial descriptions of them.

The survey by AskMen.com, a unit of Fox Interactive Media, found that 56 per cent of men believed that being a good father or husband made them "manly."

REUTERS

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Robin Hood delayed

Production on the new Robin Hood film has been postponed indefinitely. Universal Pictures cited script concerns, location logistics and a potential actors' strike for the delay. BBC NEWS ONLINE

Entertainment

Going Mad

Johnny Depp is to play the Mad Hatter in a new version of Alice in Wonderland. The actor is teaming up with director Tim Burton for the re-imagining of the children's tale. FEMALEFIRST.CO.UK

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

international

Dark Knight tops global box office

MOVIES With the new X-Files movie off to a shaky start internationally, The Dark Knight had little trouble dominating the foreign box office for a second weekend.

The Batman sequel earned an estimated $65.6 million US from 51 markets, playing nearly three times the number of territories as in its opening weekend. The superhero comic book adaptation was No. 1 in 42 of its markets. Dark Knight's international gross rose to $126.3 million. REUTERS

celebrity

Guru a tribute to Myers' father

Myers

PEOPLE Mike Myers' movie The Love Guru is a tribute to his late father — because the actor conceived the film's plot during a "spiritual quest" following his dad's death, imdb.com reports.

Myers' father Eric died in 1991 following a long battle with Alzheimer's disease. The comedian admits he was so devastated by the loss he embarked on a journey of self-discovery to help him cope. It was during this time in his life that he was inspired to create the character of The Guru.

celebrity

Lopez new host of gossip show Extra

TV Mario Lopez is taking over as sole host of the Hollywood gossip show Extra, replacing Dayna Devon and Mark McGrath.

Lopez, a veteran of Saved by the Bell, will begin his new duties in September.

Devon will stay on as a special correspondent, while McGrath is leaving the show to return to his band Sugar Ray. REUTERS

Horror king claws back

Robert Englund returns to big screen with Jack Brooks: Monster Slayer

Horror has been very, very good to Robert Englund. The man, who made eight appearances as the metal-clawed teen nightmare Freddy Krueger, is back in the genre that elevated him from budding classical actor to international horror icon.

"I get a lot of teenagers going, 'Yo, Krueger,' and honking their horn and giving me the claw. Yeah, I'm recognized," Englund said, during a recent visit to Toronto to promote the upcoming movie Jack Brooks: Monster Slayer.

In the film, Englund plays Professor Crowley, an instructor to a classroom of young underachievers. His backed-up plumbing at his rundown country home unleashes an evil that gradually turns him into a multi-tentacled monster.

Englund said playing Freddy Krueger has given him the luxury to pick and choose his projects.

"The genre's been very, very good for me," he said.

"It's fun because now I'm able to read a script or see a submission film by someone like (Jack Brooks director) Jon Knautz, and say, 'God, this looks like fun,' ... and hop on a plane and work with some really gifted young people in Ottawa and have it turn out to be a terrific little retro experience," Englund said.

The California native trained as a classical actor at Michigan's Oakland University where the Meadow Brook Theatre was at the time affiliated with the Royal Academy of Dramatic Art.

Along with his fellow thespians, the high-quality theatre emanating from Stratford, Ont., dazzled Englund. He recalls the group would occasionally pool money for gas, pile into a car and head to Stratford or Toronto back in the early 1970s. "I remember seeing Christopher Plummer in the pub once (in Stratford) and thinking, 'Omigod, this is where I want to be — I want a turtleneck ... and a corduroy jacket,'" Englund said, with a laugh.

"I would have been happy to have retired to Stratford and been a spear carrier," Englund said, until the politics — read: behind-the-scenes backstabbing – turned him off.

One night, while nursing a bottle of wine after a performance in Michigan, he caught Martin Scorsese's Boxcar Bertha on TV, realized he knew most of the crew on the film and decided to head back to California to try his luck on the silver screen.

Englund's first role — a sizeable one — was as Whitey in Buster and Billie, a southern-fried tear-jerker starring Jan-Michael Vincent and involved wearing loads of skin-whitening makeup. (The character was albino.)

Robert Englund plays a professor with a dark secret in his new film.

> **"I get a lot of teenagers going, 'Yo, Krueger,' and honking their horn and giving me the claw."**
> Robert Englund

Next came a role in V, a TV miniseries in which Englund played a benevolent alien, a show that drew an international following.

While on hiatus, Englund agreed to do a "little movie" with horrormeister Wes Craven. "They released this Nightmare On Elm Street on the East Coast only, and without any hype or fanfare, it took off. And the rest is history," he said.

Englund enjoys Freddy Krueger's iconic status and the fact that the character has been the subject of various scholarly theses.

His friendship with other actors who encountered fame, only to see their careers later wither, allowed Englund to embrace the fame of playing a monster.

"I knew Gary Busey back then and Mark Hamill was sleeping on my couch and I watched the travails they went through with their success and I just decided to embrace it. I just decided to kind of go with the flow."

TORSTAR NEWS SERVICE

Music Country music singer Taylor Swift had a good reason for missing her high school graduation — she's on tour with Rascal Flatts. The 18-year-old just received her diploma via snail mail. **E! NEWS ONLINE**

Showtime revisits Studio 54 era

TELEVISION The 1970s era of disco, drugs and excess is coming back with Studio, a new Showtime drama centring on the iconic New York nightclub Studio 54.

Studio centres on flamboyant co-founder Steve Rubell and starts off in the months leading to the club's April 1977 opening. But Rubell will be the only real person featured, with the rest of the characters fictional or composites.

REUTERS

Bledel finds her Good Guy

COMEDY Former Gilmore Girl Alexis Bledel has found a good guy in Friday Night Lights star Scott Porter. The pair star in the romantic comedy The Good Guy, which is in production in New York. Porter plays Tommy, a rising Wall Street star in a budding romance with a new girlfriend, Beth (Bledel). He begins mentoring a seemingly hapless new salesman (Bryan Greenberg) who befriends Beth, starting a chain of events that might lead to his downfall. **REUTERS**

Newmar suffers crippling disease

HEALTH Batman legend Julie Newmar, 74, is suffering from an incurable nerve disease that has left her struggling to walk, imdb.com reports.

The actress — who played Catwoman in the 1960s TV series — was diagnosed six months ago with Charcot-Marie-Tooth disease, which affects muscles in the legs, feet, and hands, reports the New York Daily News.

Although her legs were once insured for $1 million US, she is now forced to grasp on to people to avoid falling as the illness impairs her ability to walk. **METRO NEWS SERVICES**

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DVD picks

The Band's Visit

Director: Eran Kolirin
Stars: Ahuva Keren, Ronit Elkabetz, Sasson Gabai, and Khalifa Natour
Rating: PG-13

THE BAND'S VISIT, the charming film about a touring Egyptian police orchestra that winds up spending a night in the wrong Israeli town, begins with a humble disclaimer: "Not many remember this. It was not that important."

It's a perfect summary of precisely why writer-director Eran Kolirin's fairy tale works so well. There is no air of importance here. There is no attempt to manufacture Middle East peace. A group of Arabs cannot transform an Israeli town overnight. But what if a few Israelis and a few Arabs could achieve a glimmer of understanding between them? It makes for an almost believable fairy tale. There is chemistry among the three leads: The starchy police colonel and band conductor Tawfiq (Sasson Gabai), the younger, less repressed violinist Haled (Saleh Bakri) and the Israeli restaurant owner Dina (a mesmerizing Ronit Elkabetz, who appears to have escaped from an Almodovar film).

For a movie about an orchestra, there's an awful lot of silence in The Band's Visit, and it's used to beautiful effect, subtly underscoring cultural differences, such as the way Tawfiq's eyes can't help but linger on Dina's red-painted toenails.

It's too bad the DVD is also silent on the background of the film. There's a short making-of featurette, but it tells us little about the cast, an intriguing mix of mostly Israeli and Palestinian actors. The film is fiction, but behind the scenes are two opposing cultures coming together. It may not be important, but more insight would surely be interesting to the many fans of this award-winning film.

TORSTAR NEWS SERVICE

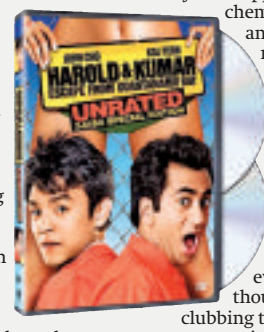
Harold and Kumar Escape From Guantanamo Bay

Director: Jon Hurwitz
Stars: John Cho, Kal Penn, Rob Corddry
Rating: R

IN 2004, Harold & Kumar Go to White Castle turned the pursuit of late-night munchies into an Arthurian quest. This second road movie picks up right where White Castle left off, as our accident-prone duo — ethnic odd couple Harold (John Cho) and Kumar (Kal Penn) — find themselves heading to Amsterdam.

White Castle co-writers Jon Hurwitz and Hayden Schlossberg are back and the movie even features the return of Neil Patrick Harris, repeating his head-tripping horndog turn again for fun and plot expediency. The ante has been upped considerably this time, because Harold and Kumar are chasing freedom (and girls) rather than burgers (and girls).

Thanks to pothead Kumar's jonesing to join a different kind of Mile High Club, they manage to get themselves branded as fugitive terrorists pursued by an unhinged Homeland Security boss (Rob Corddry) and detained at Gitmo, though they soon escape.



Along the way the duo brutally lampoon racial stereotypes of every stripe, taking no prisoners in their rainbow coalition of rude calamity.

They're like Borat without the moustache and with a better grasp of American culture, and it's this satiric subtext that saves the show from its worst excesses.

You'll only enjoy this movie if you can appreciate the lighter side of KKK rallies, presidential potheads, one-eyed rednecks, full-frontal nudists (of both genders) and Homeland Security fascists who mistake the U.S. Bill of Rights for toilet paper. But this is one of those rare pictures that can gross you out and make you think at one and the same time.

Key to its appeal is the chemistry of Cho and Penn, the most likeable comedy duo since Wayne Campbell and Garth Algar. You find yourself rooting for them even while thoughts of clubbing them also cross your mind.

TORSTAR NEWS SERVICE

	CD	C	B	S	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
7/29/08 primetime	2	CFRN	239	318	eTalk	Jeopardy!	Canadian Idol	Robson Arms	Criminal Minds (HDTV)		Law & Order: SVU		News (N)
	3	KHQ	-	370	News (N)	Raymond	Jeopardy!	Wheel-Fortune	Celebrity Family Feud		America's Got Talent (N)		Law/Ord SVU
	4	CBXT	-	307	Coronation St.	Just-Gags	Rick Mercer	22 Minutes	The Tudors "Episode 4"		CBC News: The National		The Hour
	6	KREM	-	372	News (N)	Hollywood	Friends	Scrubs	NCIS "In the Dark"		Big Brother 10 (N)		Without Trace
	7	CKEM	241	347	Friends	Friends	Reaper		Hell's Kitchen		Japanese Game Show		Your City
	8	CITV	240	339	ET Canada	Entertainment	In Plain Sight (N)		Wipeout (N)		Big Brother 10 (N)		News Hour
	12	CBXFT	119	705	Des squelettes	Tout	Beautés désespérées (SC)		Bons baisers de France (SC)		Le Téléjournal (N) (SC)		TJ Alberta
	13	KXLY	-	371	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Wipeout (N)		Japanese Game Show		Primetime
	16	KAYU	-	373	'70s Show	The Simpsons	Two/Half Men	Two/Half Men	Kitchen Nightmares (PA)		House (HDTV PA)		News (N)
	19	CHTV	-	-	'70s Show	E! News	Real Housewives		Kimora-Fab	Kardashians	Living Lohan	D. Richards	News (N)
	22	KSPS	-	374	NewsHour With Jim Lehrer		Nova (HDTV) (DVS)		Be a Predator (DVS)		Wide Angle (N)		Dr. Teller's
	24	WTVS	-	364	Science at War		Wide Angle (N)		Keeping Up	The Savages	Tavis Smiley	Charlie Rose (N)	
news	15	CBCN	502	-	CBC News: The National		Same Sex Marriage		CBC News: The National		CBC News: The National		Same Sex
	21	TWN	505	398	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	27	CNN	500	500	Larry King Live		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	54	CTVN	501	391	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
	70	BNN	504	508	Franklin Templeton		Market Call		Business News		Market Call	Workopolis TV	Taking Stock
sports	20	TSN	400	400	WTA Tennis: Rogers Cup		SportsCentre (HDTV) (Live)			In This Corner	Cagefighting Highlights		Poker Night
	23	net	408	418	MLB Baseball		Sportsnet Connected		European Poker Tour		Sportsnet Connected		Best-Sports
	47	SPEED	417	406	Low Life	SuperCars	Super Bikes!	Super Bikes!	Pinks	Pass Time	Unique Whips		Low Life
	94	SCORE	410	403	TBA	Score Tonight		To Be Announced					Score Update
family	9	EDACC	267	351	Law & Order: Criminal Intent		Landed: Six New Lives		Celebrity Family Feud		Ext. Evidence	I, Detective	Help TV
	14	YTV	552	543	Drake & Josh	Genie	Malcolm-Mid.	Prank Patrol	Fries That?	Futurama	Prank Patrol	Mystery Hnt.	Falcon Beach
	17	TREE	553	546	Little Bear	Miss Spider	Comfy Couch	Rolie Polie Olie	Beren. Bears	Dragon (DVS)	Backyardigans	Dora-Explorer	Go, Diego, Go!
	42	TOON	555	545	6teen	Johnny Test	George-Jungle	Merrie Melody	Loonatics	6teen	Total Drama	Futurama	*The Mask*
	45	FAM	557	541	Zoey 101	Life Derek	That's-Raven	Smart Guy	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School
cable variety	-	TVA	121	714	TVA 18 heures	Sucré-salé	Les Anges de la rénovation		Km/h (SC)	Caméra café	La Grande Évasion (HDTV)		TVA 22 heures
	18	CMT	575	583	Reba	Hope & Faith	Home Improve.	Roseanne	CMT30 "Craven 2008"		Reba	Hope & Faith	Home Improve.
	25	A&E	615	520	The First 48 (HDTV) (N)		The Cleaner (HDTV) (N)		The Cleaner (HDTV)		The First 48 (HDTV)		The First 48
	26	MMM	571	581	All Access		Hogan Knows	Hogan Knows	Listed		All Access		Hogan Knows
	29	FOOD	603	561	HEAT-McEwan	HEAT-McEwan	Top Chef "Tailgating"		Restaurant Makeover		Iron Chef America		HEAT-McEwan
	31	SHOW	617	522	Trailer Park	Billable Hours	ReGenesis (HDTV)		Blue Murder		Trailer Park	Kenny-Spenny	CSI: NY
	32	DISC	520	505	Mighty Ships "Becrux" (N)		Deadliest Catch "Fresh Blood"		Daily Planet		Surviving Sharks		Deadliest
	33	SLICE	601	562	Shear Genius		Plastic-Perfect	Matchmaker	Newlywed	In Laws	Shear Genius		Plastic-Perfect
	34	W	602	567	Shopping Bags	House	Will & Grace	Friends	Maxed Out	Style by Jury	Kim	Style by Jury	Good Naked
	35	TLC	521	560	Must Love Kids (HDTV) (N)		What Not to Wear: Behind		Ashley Paige	Ashley Paige	Must Love Kids (HDTV)		What Not Wear
	36	BRAVO	620	523	Johnny Cash	Rhythm-Roots	Live at the Rehearsal Hall		Law & Order "Deadbeat"		Without a Trace "Safe"		Entourage
	38	SPIKE	628	584	CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		CSI: NY (HDTV)		CSI: Crime Scene Invstgtn.		CSI: Crime Scn
	40	HIST	522	506	Hitler and the Occult		NCIS		Crime Stories		The Color of War		Hitler-Occult
	41	COM	626	547	Laughs	Comics!	Air Farce	22 Minutes	Laughs	Corner Gas	The Simpsons	South Park	Comedy Inc.
	43	SPACE	627	528	Blood Ties (DVS)		Battlestar Galactica		Stargate SG-1 "Grace"		Star Trek: Voyager		Star Trek: Ent.
	44	WPCH	294	650	MLB Baseball		Family Guy	Family Guy	Seinfeld	Frasier	*Sleepers* ★★★ (1996, Crime Drama)		
	46	OLN	411	457	Odyssey	Surf Patrol	Adventures	Strand-Peters	Pilot Guides		Don't Forget Your Passport		Survivorman
	48	TROP	619	525	Tube Tales	Vanity Insanity	News Show	News Show	ET Canada	What Happen?	Family Guy	Seinfeld	Seinfeld
	50	STAR	621	527	Hollywood's Knocked Up		The Tonight Show-Jay Leno		eTalk	TMZ	Hollywood's Knocked Up		Hollywood
	52	HGTV	600	564	Colin & Justin's Home Heist		The Stagers	Green Force	Holmes on Homes		Dirty Business	Outside	Colin-Justin
	65	TLN	700	800	Carabinieri		The Sopranos (SS)		Raymond	Raymond	Raymond	Paid Program	Paid Program
	92	APTN	269	350	First Talk	News (N)	Wilpogwad	La Course	Regards	Presserebel	Guides	Tears	The Flummies
	93	VISION	261	394	Quantum Leap		Jozi-H (DVS)		Mysterious Ways		Quantum Leap		Eyes Down
	100	MTV	581	566	From G's to Gents		From G's to Gents		MTV Live		Living on Edge	Living on Edge	G's to Gents
	101	MM	570	580	So You Think You Can Dance		Instant Star	Instant Star	Gone Wild	Gone Wild	So You Think You Can Dance		
	102	CPAC	512	396	Question Period		Revue Politique Headlines.		Primetime Politics		Question Period		Hse-Commons
	103	CLT	526	507	Psychic Detect	Ext. Evidence	Traders		The West Wing		Psychic Witness		Psychic Detect
	105	TV5	145	761	La Prophétie d'Avignon		Les Pêcheurs de l'Ile La		Journal TV5	Viva Américas	L'Armada 2008		Nouva
	106	RDI	126	730	Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal (SC)		Le Journal RDI	Le National	Le Téléjournal

critics' corner

Surviving Sharks

Les Stroud of "Survivorman" fame throws himself into dangerous situations involving sharks. Granted, it's only dangerous if the sharks are hungry or you've ticked them off. So avoid dunking yourself in a vat of chum or insulting their mothers ("Your mama looks like shark bait!"). 6 PM on DISC

Reba

Well, if he's the only athlete you've got... . When Reba (Reba McEntire) agrees to participate in a footrace to raise funds for Jake's (Mitch Holleman) school, she realizes she's really out of shape. Enter Van (Steve Howey), who insists on training her. The race becomes more than charity when one of the competitors is Brock (Christopher Rich). 7 PM on CMT

The godfather
Actors Brad Pitt and Angelina Jolie have reportedly asked U2 front man Bono to be the godfather of their newborn twins, Knox Leon and Vivienne Marcheline because they are impressed by his humanitarian work. Bono reportedly accepted. METRO NEWS SERVICES

Celebrity Buzz

Miley sort of apologizes

VIDEO DISS Miley Cyrus has somewhat apologized for mocking fellow Disney stars Selena Gomez and Demi Lovato in a YouTube video, the New York Daily News reports.

"If we offended them, we're super sorry," Cyrus told Popstar! magazine. "We were just, like, having fun, you know what I mean?"

The Hannah Montana star, 15, and pal Mandy Jirox recreated a video made by Gomez, 16, and Lovato, 15, on their Miley & Mandy YouTube channel.

In the video, Cyrus and Jirox make fun of a T-shirt worn by Gomez and a gap that Lovato, star of Camp Rock, used to have in her teeth.

Gomez, who appears on Disney's Wizards of Waverly Place, has been dubbed "The Next Miley Cyrus." She's also reportedly dating Cyrus' alleged ex, Nick Jonas.

But Cyrus maintains she was just kidding around on her video.

Lovato and Gomez have not yet commented on the video or quasi-apology.

METRO NEWS SERVICES

They're having babies

PREGGERS Rebecca Romijn-O'Connell and her husband, Jerry O'Connell, are expecting twins, their rep confirms to People.

The babies are due this winter. The parents-to-be were married in 2007.

Ugly Betty's Romijn, 35, recently told Self magazine she hoped to be "lucky enough" to have kids. Just last week, O'Connell, 34, told People, "We're trying to get pregnant," adding that practising has been "a lot of fun."

METRO NEWS SERVICES

No enhancement for Keira

DIGITAL-FREE Actress Keira Knightley has refused to allow her bust to be digitally enlarged — because she is so proud of her body, imdb.com reports. Knightley, 23, reportedly dismissed studio bosses' suggestion to use computer trickery to boost her chest on publicity posters.

"She has insisted that her figure stay in its natural state. She is proud of her body and doesn't want it altered," a source told the Daily Mail.

In 2004, Knightley was criticized when she appeared in publicity shots for King Arthur with digitally enhanced breasts.

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

Butler learns Comic-Con code

ITEMS RETURNED 300 star Gerard Butler has given the comic book geeks the seal of approval after they didn't claim his watch and glasses as souvenirs, imdb.com reports. The actor was at Comic-Con in San Diego promoting his new film Rockn-Rolla when he suddenly realized his timepiece and sunglasses were missing. "It was madness," he said. "I was signing posters and my watch kept catching on them, so I took it off and put it between my legs and then walked off. And then I thought someone stole my sunglasses." But Butler didn't take comic book fans' code of conduct into account — the items were turned in to security by fans. He added, "This place is great."

METRO NEWS SERVICES

celebrity briefs

Winehouse rushed to hospital

HEALTH Singer Amy Winehouse has been taken to hospital, her spokesman said yesterday. He had no further details.

When asked about the incident, a spokeswoman for the London ambulance service said: "We did take the patient to hospital," after being called to an address in north London.

The 24-year-old star, whose battle against drug addiction in recent months has overshadowed her recording successes, has a home in Camden, north London.

REUTERS

Moss back with beau, plans for second child

MOTHERHOOD Kate Moss is apparently planning to have another baby with on/off boyfriend Jamie Hince, femalefirst.co.uk reports.

The supermodel recently split from the Kills guitarist over her desire to get pregnant, reports the Mirror.

However, the couple have since reunited after Hince reportedly changed his mind.

The pair are now on a make-or-break holiday in Ibiza.

"Kate is keen to have another baby before Lila Grace gets any older," a source said. "She doesn't want her to grow up a single child … But it has become a real sticking point between her and Jamie.

"She thinks he will be a great dad — but he has been unsure whether he's ready for such a huge commitment," the source added.

"They had a short break to clear their heads. But after Hince spoke to some of his friends about his dilemma, he is coming round to thinking a baby with Kate wouldn't be a bad thing. He agreed to go to Ibiza with her for a break before he goes on tour to see how they get on. No one would be surprised if Kate comes back pregnant."

METRO NEWS SERVICES

celebrity briefs

Love gives credit for weight loss …

SLIMMING DOWN Courtney Love has credited hypnotist Paul McKenna as the reason for her dramatic weight loss, femalefirst.co.uk reports. The singer has been seeing the weight-loss guru, who wrote I Can Make You Thin. However, Love's friends are worried she is now dangerously thin. "She is skeletal now," one told the Daily Mail.

METRO NEWS SERVICES

… while Damon tries to box it off

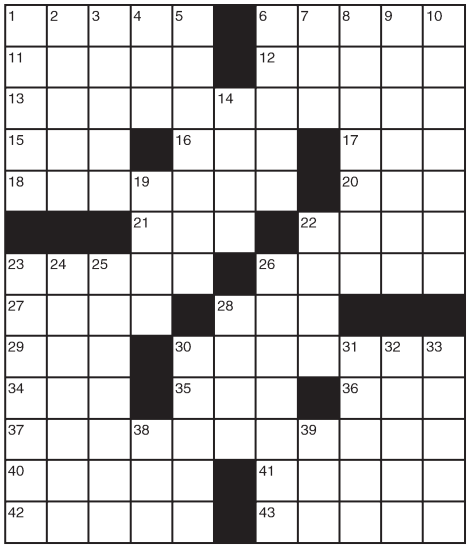
POUND-FOR-POUND Matt Damon has taken up boxing to lose weight, femalefirst.co.uk reports. The actor admits it is tough to lose the excess pounds he gained for the movie The Informant. Damon, who was named People magazine's Sexiest Man Alive in 2007, laughed: "Now I'm the Sexiest Man Alive's chunky cousin!"

METRO NEWS SERVICES

Grammer checks into hospital

Actor Kelsey Grammer has been hospitalized in New York after feeling faint — just a month after he suffered a near-fatal heart attack. The actor was taken to a medical centre in the city on Sunday night, and is expected to be released today. IMDB.COM

Take Five



Crossword down

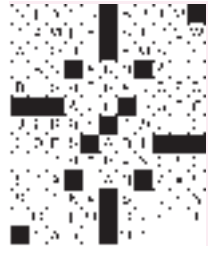
1 Indy events
2 Spiny-leaved plant
3 Turn red, perhaps
4 Yale student
5 No longer working
6 Game sheet info
7 Bat wood
8 Construction tool
9 Least attractive
10 Buckshot
14 Spoken
19 Sign of trouble
22 Moon goddess
23 Enchanting
24 Battle site of 1945
25 Sound of little feet
26 Ancient city on the Euphrates
28 Office note
30 Library stamp
31 Prom crowd
32 Put up
33 Bank fixtures
38 Mamie's husband
39 Bemoan

Play more games online at www.metronews.ca

Crossword across

1 Less common
6 Accumulated
11 Spry
12 Grammar topic
13 Where Congress works
15 Genesis name
16 Rage
17 Rap's — Kim
18 Ladies of Spain
20 "My word!"
21 Boss to Alice and Flo
22 Lascivious desire
23 Scooter's kin
26 Batting ploys
27 Related
28 Chess piece
29 "Skedaddle!"
30 They have their pros and cons
34 — tizzy
35 Writer Tan
36 Hurler's stat
37 National park in Utah
40 Not dozing
41 Pound part
42 At a future time
43 Tree houses

previous day's answer



Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Something of value is in your home. A confession will come from a dim-wit. A kind person may cause a loss of enthusiasm.

TAURUS
APRIL 21-MAY 21
Someone demands that you get home earlier. Continue trying to co-operate. An stranger will arrive and be appealing.

GEMINI
MAY 22-JUNE 21
You're getting ahead in your work, but a crisis will arise. A colleague demands that you make a suggestion. All ideas will be fruitful.

CANCER
JUNE 22-JULY 22
You'll feel that only you can show maturity. Demand more from others. You can anticipate when somebody will begin to infuriate you.

LEO
JULY 23-AUG 23
People will notice you heading in the right direction. Put the phone down and get to work. You're in for a romantic reversal.

VIRGO
AUG 24-SEPT 22
Someone will disagree with a travel companion. You must be nimble when necessary. A proper lover will throw in the towel.

LIBRA
SEPT 23-OCT 23
A dramatic friend will miss the point. A negative experience is just fate teaching humility. A man draws attention to your efforts.

SCORPIO
OCT 24- NOV 22
Be honest when discussing unexpected gains. Have a story ready when a wretch frustrates plans. A sibling has a fated meeting.

SAGITTARIUS
NOV 23- DEC 21
Someone's child will leave town for a while. A rejection will drag in some good luck. Expect confusion around food issues.

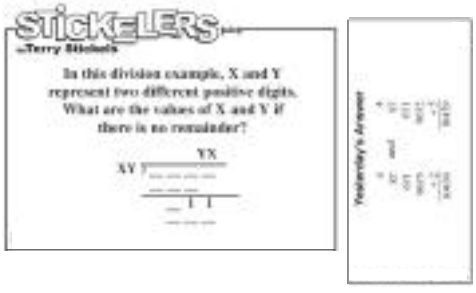
CAPRICORN
DEC 22-JAN 20
An insincere relative needs professional attention. Avoid arguing about your appearance. Wear navy blue to an evening meeting.

AQUARIUS
JAN 21-FEB 18
A relationship will find closure. Expect flattery concerning a romance. A boss from the past wants another chance — just say no.

PISCES
FEB 19-MAR 20
You can trust a woman's practical support. A home is all stirred up by arguments. Children will be very touchy.

This day in history

JULY 29, 1899: The First Hague Convention is signed.
JULY 29, 1921: Adolf Hitler becomes leader of the National Socialist German Workers Party.
JULY 29, 1948: The Games of the XIV Olympiad — After a hiatus of 12 years caused by World War II, the first Summer Olympics to be held since the 1936 Summer Olympics in Berlin opened in London.
JULY 29, 1981: Marriage of Prince Charles to Lady Diana Spencer.



Sudoku

INSTRUCTIONS:
The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

previous day's answer

6	2	8	4	9	1	7	3	5
7	5	3	8	6	2	9	1	4
4	1	9	5	3	7	8	2	6
9	3	6	2	8	4	1	5	7
2	7	5	3	1	6	4	8	9
8	4	1	7	5	9	2	6	3
1	9	7	6	2	5	3	4	8
5	8	2	9	4	3	6	7	1
3	6	4	1	7	8	5	9	2

SOLVE TIME IN MINUTES:
Under 13 ..... Genius
13-17 ..... Scholar
17-21 ..... Smart
21-25 ..... Not bad
25+ ..... Keep practising

8				9				1
	3			7			6	
7			5		2			4
5		9				4		7
		3	4		7	5		
1		4				6		3
9			2		1			6
	5			4			8	
6				3				5

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Edmonton weather

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Afternoon	Tonight	Wednesday	Thursday	Friday
Variable. 26°	Cloudy. Low 13° (40%)	Rain. 19°/ 8° (90%)	Sunny. 21°/ 9°	Partly cloudy. 22°/ 10°

Temperature
Normals
High: 23°
Low: 10.7°

Records
High: 32.2°/1934
Low: 4.4°/1914

Sunrise: 5:45 a.m.
Sunset: 9:34 p.m.
Moonrise: 1:40 a.m.
Moonset: 8:18 p.m.

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